

Teens and Oral Health.



Presentation 5

SMILE



Your smile is one of the first things people notice about you.

Here are 5
Teeth Tips for a
Healthy Smile.

- ▶ As children grow into increased independence and responsibility, many teenagers don't get the dental care they need or the proper education to make smart decisions about their oral health.
- ▶ Teens have unique and important oral health concerns that can have impacts on their overall health and throughout their lives.



Limit Soda and Sugary Drinks

- ▶ Limit soda drinking.
 - ▶ Soda typically contains acids which can directly damage teeth.
 - ▶ Sweetened soda has large amounts of sugar (a typical can of soda contains 40 grams of sugar, or 155 empty calories) that feed the bacteria that cause dental cavities.
 - ▶ Soda consumption among teens has steadily increased, and may play an important role in the development of cavities in this age group.
- ▶ Sugary drinks also have large amounts of sugar, and may be drunk in the place of teeth healthy alternatives, such as water or milk.



No Smoking
(and No Chewing Tobacco or E-Cigarettes)

- ▶ Smoking's oral effects include:
 - ▶ Bad breath, altered saliva, stained teeth, gum recession and dental bone loss associated with gum disease, increased oral infection risks, and oral cancers
- ▶ All tobacco (such as chewing tobacco) and nicotine products (including e-cigarettes) cause oral health problems
- ▶ Don't start smoking, chewing, or vaping
- ▶ If you do smoke, chew, or vape, talk with your Doctor or Dentist about quitting



**Wear a mouthgaurd
during sports.**

- ▶ If you play a sport or are active in things like skateboarding or snowboarding, it's a good idea to wear a mouthguard.
- ▶ Mouthguards protect your teeth from getting broken or knocked out. They cushion blows that would otherwise cause injuries to the teeth, lips, face, and jaws.
- ▶ There are different kinds of mouthguards; ask your dentist which one is right for you.



**Brush your teeth
twice a day.**

- ▶ Practice good oral hygiene everyday.
- ▶ Always brush your teeth twice a day with toothpaste for two minutes.
- ▶ Practice flossing regularly.
- ▶ It's simple, but we know life gets busy. Don't be tempted to skip on oral hygiene. A healthy smile makes you look and feel good inside and out.



See your Dentist.

**Regular dental visits will
help set you up to be
Mouth Healthy for Life.**

- ▶ Cavities are very common and can be aggressive in the teen years. Professional fluoride application, dental cleanings, and placing molar sealants can help to prevent cavities. Early treatment of existing cavities can prevent them from becoming big dental problems in the future.